

## NEW SOLUTIONS FOR NAUSEA

- **Eat any food that appeals to you.**

“What food would **reduce my queasy** feelings at this time?”

- **Is** that food cold, thick, thin, spicy, hard, mushy, or is it:

### SALTY

Chips  
Pretzels  
Ham  
Cheese  
Tuna  
Pickles  
V-8 juice  
Vegetable soup

### BLAND

Noodles  
**Rice**  
**Cream of** Wheat  
Mashed potatoes  
**Vanilla pudding**  
**Pancakes**  
**Yogurt**  
**White toast**  
**Crackers**  
Cottage cheese

### SWEET

Ice cream  
Fruits  
Cookie  
Candy  
Sherbet  
Jam

### WET

Milkshake  
Juice  
Milk  
Fruits  
Water

### DRY

Toast  
Beef jerky  
Cereal  
Bread  
**Crackers**  
**Vanilla wafers**

### TART/SOUR

Pickles  
Lemonade  
Grapefruit juice  
Lemon wedge  
Sour apple  
Fresh cranberries  
Mustard  
Sauerkraut

### CRUNCHY

Nuts  
Taco shells  
M & M's  
Apples  
**Grapes**  
**Watermelon**  
**Pretzels**  
**Carrot sticks**

- Chips and lemonade are two foods that often quiet a queasy stomach and allow you to eat a meal.
- You may find something you can eat in the salty, sour, tart, or sweet category.
- Nibble your way through the day. Eat every hour or two so your stomach is never totally empty.
- Continue to take a multivitamin—it will actually help you feel better. If swallowing is a problem, consider a children's chewable vitamin.
- Notice what time of the day you feel best. Plan your day to include meals at those times.
- Smells often trigger nausea. Keep a window open for fresh air. Use a fan to circulate the air. Cut a lemon in half and smell to overcome odors.
- Keep a variety of foods on hand so you can choose something immediately.
- Pack several “success” foods to bring with you when you are away from home.
- Return gradually to a normal, varied diet as you start to feel better.



**WIC Because**  
**You Care**

**North Dakota WIC Nutrition Program**  
600 E. Boulevard Avenue  
Bismarck, ND 58505-0200  
1-800-472-2286